

# NIH Intramural ME/CFS Study

## Overview

In 2016, the National Institutes of Health (NIH) launched the [NIH Intramural Study on ME/CFS](#), which took place at the NIH Clinical Center in Bethesda, MD. The study focused on individuals who developed myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) after an infection and had been diagnosed within the previous 5 years. The goal was to closely examine the clinical and biological characteristics of the disease to improve our understanding of its causes and progression. The collaborative study was led by [Avindra Nath, M.D.](#), clinical director at the National Institute of Neurological Disorders and Stroke (NINDS) and involved researchers from other Institutes and Centers at the NIH, and from outside research institutions.

## Publications

Walitt B, et al. [Deep phenotyping of post-infectious myalgic encephalomyelitis/chronic fatigue syndrome](#). *Nat Commun*. 2024 Feb 21;15(1):907. doi: 10.1038/s41467-024-45107-3. PMID: 38383456; PMCID: PMC10881493.

- [NIH Intramural ME/CFS Study Q&A](#)

Stussman B, Calco B, Norato G, Gavin A, Chigurupati S, Nath A, Walitt B. [Mixed methods system for the assessment of post-exertional malaise in myalgic encephalomyelitis/chronic fatigue syndrome: an exploratory study](#). *BMJ Neurol Open*. 2024 Feb 10;6(1):e000529. doi: 10.1136/bmjno-2023-000529. PMID: 38352048; PMCID: PMC10862339.

Stussman B, Williams A, Snow J, Gavin A, Scott R, Nath A, Walitt B. [Characterization of Post-exertional Malaise in Patients With Myalgic Encephalomyelitis/Chronic Fatigue Syndrome](#). *Front Neurol*. 2020 Sep 18;11:1025. doi: 10.3389/fneur.2020.01025. PMID: 33071931; PMCID: PMC7530890.

## News

March 5, 2024

[Insight into mechanisms of ME/CFS](#)

**NIH Research Matters**

February 21, 2024

[NIH study offers new clues into the causes of post-infectious ME/CFS](#)

**NIH News Release**

September 21, 2020

[NIH study details self-reported experiences with post-exertional malaise in ME/CFS](#)

**NIH News Release**

March 21, 2017

[Moving Toward Answers in ME/CFS](#)

**NIH Director's Blog**

October 29, 2015

[NIH takes action to bolster research on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome](#)

**NIH News Release**

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